



Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact support@jstor.org.

at some time her experience. If all night duty were as harrowing and as wearing, few student nurses would survive the strain of several periods of it; most of them, however, learn in time to adjust themselves to the unnatural mode of life entailed by turning night into day and day into night.

For the sake of those young pupils in our schools who have not learned how to take night duty easily, we should like to give a few suggestions.

The most successful night nurses we have known, those who are able to hold positions as night supervisors for months or even years, without being worn by it, sleep with their windows wide open and their shades up. They feel that they need the sunshine, all they can get, and they say they soon learn to sleep soundly in a bright room. It is difficult to darken a room without shutting out air as well as light and no one sleeps well in a close room or in one with slight ventilation, be it by day or night. It is possible to put a covering over one's eyes to soften the glare, but we believe this method of sleeping would produce better and sounder sleep and would result in more normal health and spirits.

Then, too, when one comes off night duty and has had her breakfast, she should try to take a walk or a ride before going to bed, and a bath, either at night or morning, should be part of her regular routine.

As to food, she should be careful not to drink coffee in the morning, though it may be a help if taken in moderation at evening or in the night.

The sobering experience of meeting serious emergencies alone is one of the most valued parts of our training. The nurse who can forget herself in her effort to minister to those in dire need, the nurse who can meet an emergency with a clear brain, the nurse who will not falter because her work is hard and trying, is the one who will be of use in the world.

A CORRECTION

In the April JOURNAL we misstated the number of states having registration laws. South Dakota brought the number to 45 and if, as we hear,⁶ Utah has also secured a law, the total would be 46.

Subscribers ordering the portrait of Florence Nightingale should include in the remittance 10 cents for postage, total \$3.60.